

Morning Prayer

(Third Sunday of Advent - Year B)



The Liturgy Letter

O God, make speed to save us
O Lord, make haste to help us
-Psalm 70:1

Opening Scripture

Come to me, all who labor and are heavy-laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.
-Matthew 11:28-30

Hymn - Psalm 126

Our mouths they were filled, filled with laughter
Our tongues they were loosed, loosed with joy
Restore us, O Lord
Restore us, O Lord

*Although we are weeping
Lord, help us keep sowing
The seeds of Your Kingdom
For the day You will reap them
Your sheaves we will carry
Lord, please do not tarry
All those who sow weeping will go out with songs of joy*

The nations will say, "He has done great things!"
The nations will sing songs of joy
Restore us, O Lord
Restore us, O Lord

Words and Music: Isaac Wardell, 2011 (Bifrost Arts)

Confession

Do not quench the Spirit. Do not treat prophecies with contempt...hold on to what is good, reject every kind of evil.
-1 Thessalonians 5:19

Let us confess our sins to God:

**Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name.
Amen. -from *The Book of Common Prayer***

Silence

I delight greatly in the Lord;
my soul rejoices in my God.
For he has clothed me with garments of salvation
and arrayed me in a robe of his righteousness,
-Isaiah 61:10a

Lord, open our lips.
And our mouth shall proclaim your praise.
Hear our voice O Lord, according to your faithful love:
**He has heard our voice and is faithful and just
to cleanse us from all unrighteousness.**
Amen.

Opening Psalm

Psalm 126 (NIV)

A song of ascents.

1 When the LORD restored the fortunes of Zion,
we were like those who dreamed.
2 Our mouths were filled with laughter,
our tongues with songs of joy.
Then it was said among the nations,
“The LORD has done great things for them.”

3 The LORD has done great things for us,
and we are filled with joy.
4 Restore our fortunes, LORD,
like streams in the Negev.
5 Those who sow with tears
will reap with songs of joy.
6 Those who go out weeping,
carrying seed to sow,
will return with songs of joy,
carrying sheaves with them.

Gloria Patri

Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning,
is now, and ever shall be, world without end, Amen.

Scripture Readings

[Isaiah 61:1-4, 8-11](#)

[1 Thessalonians 5:16-24](#)

(All stand)

[John 1:6-8, 19-28](#)

(A short silence after the reading of the Gospel)

Magnificat - Luke 1:46b-55 (NIV)

And Mary said:

“My soul glorifies the Lord
and my spirit rejoices in God my Savior,
for he has been mindful
of the humble state of his servant.
From now on all generations will call me blessed,
for the Mighty One has done great things for me—
holy is his name.
His mercy extends to those who fear him,
from generation to generation.
He has performed mighty deeds with his arm;
he has scattered those who are proud in their inmost thoughts.
He has brought down rulers from their thrones
but has lifted up the humble.
He has filled the hungry with good things

but has sent the rich away empty.
He has helped his servant Israel,
remembering to be merciful
to Abraham and his descendants forever,
just as he promised our ancestors.”

The Prayers of the People (Adapted from *The Book of Daily Prayer*)

Heavenly Father, you have called us to remember to pray for the Church and the world,
and for the ongoing ministry of the gospel, that it may increase and make disciples of all
nations. And so we pray:

For your Church in this place and around the world...

Intercessions are said

For our nation’s leaders, for the leaders of other nations, and for all in authority
throughout the world, and in our own community.

Intercessions are said

For this place, for every city and community, and for those who live in them.

Intercessions are said

For the good earth which you have given and for the wisdom and will to conserve it as
faithful stewards. For seasonable weather, and for an abundance of harvest.

Intercessions are said

For the weak, fatherless, poor, oppressed, and needy.

Intercessions are said

For friends, relatives, and neighbors, and for the day and its tasks, we pray:

Intercessions are said

For answered prayer and new life.

Intercessions are said

That we may end our lives in faith and hope. Defend us, deliver us, and in your compassion
protect us by your grace, through Jesus Christ, in whose name we are bold to pray:

The Lord's Prayer

**If praying with others, stand and hold hands*

A Prayer for the Third Sunday of Advent (from *The Book of Common Prayer*)

Stir up your power, O Lord, and with great might come among us; and, because we are sorely hindered by our sins, let your bountiful grace and mercy speedily help and deliver us; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory, now and forever. Amen.

Benediction

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 The one who calls you is faithful, and he will do it.

-1 Thessalonians 5:23

Closing Hymn - O Come, O Come, Emmanuel

O come, Thou Day-spring, from on high
And cheer us by Thy drawing nigh.
Disperse the gloomy clouds of night,
And death's dark shadows put to flight.
Rejoice! Rejoice! Emmanuel shall come to thee,
O Israel.

O come Thou key of David come
And open wide our heav'nly home.
Make safe the way that leads on high,
and close the path to misery.
Rejoice! Rejoice! Emmanuel shall come to thee,
O Israel.